



## Supporting the Science of Self-Healing

May 1, 2024

Issue 44 BRMI E-Journal

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Gaston Naessens

### Book Recommendations:

*Outsmarting Autism* / Patricia S. Lemer

*The Autism Vaccine* / Forrest Maready

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*Are Thoresen* | Resistance Recovery

*Climate: The Movie (The Cold Truth)* | Film by Martin Durkin and Tom Nelson

### Featured Podcast:

How Much Sugar Is Too Much? / James Odell, OMD, ND, LAc

Dear Friend, Welcome to our 44th BRMI E-Journal!

## May Is Mental Health Awareness Month

May is Mental Health Awareness Month which has been observed in the United States since 1949. This observance is important since the effects of the COVID-19 “plandemic” policies such as lockdowns, fear tactics, mandatory jabs, as well as the current economic deterioration throughout the world, have had severe and lingering effects on the mental health of millions of people. We continue to be at risk of mental health problems from ongoing exaggerated fears and misplaced priorities. Of particular concern is the mental health of our youth. The teenage years can be a struggle for many young people as they transition from adolescence to adulthood. The passage, often marked by angst, self-doubt, raging hormones, and confusion, can seemingly turn the sweetest children into unrecognizable people. For some, grappling with insecurities can lead down a dangerous path of anti- social behavior, such as violence, substance abuse, and self-harm.

## The Staggering Effect of COVID-19 Policies

The COVID-19 policies greatly challenged most people, but reports suggest that the impact on teenagers has been especially significant. While adults have also reported that COVID-19–related fears and stress have impaired their mental health, young people have been particularly susceptible because of school closures and distance learning, the inability to interact closely with friends, stress, and loneliness. Studies now document that teen mental health claims doubled during the plandemic, highlighting the staggering effect the political chaos has had on teens. Youth suicide deaths increased in the United States in the last 3 years. Tragically, suicide has been recorded as the leading cause of death in youths aged 5 to 24 years in the United States. During the COVID-19 plandemic, rates of anxiety, depression, isolation, and decreased social support worsened, suggesting an increase in associated suicide rates. We are arguably continuing to face the largest humanitarian disaster in the history of mankind resulting from draconian measures and dangerous jabs. We can only hope that these negative side effects will, to some extent, be counteracted by smart interventions and community care. As for small interventions, the “ABC” of improving mental health is based on three principles that impact mental health and well-being:

Act: Do something active  
PBAeslotn Igs:s Dueos something with someone  
Commit: Do something meaningful

Here are a few specific strategies towards applying these principles: Reducing stress by decompressing from the day is often overlooked and frankly undervalued. Having just 10-15 minutes of quiet, uninterrupted time after work or school can be a cathartic reset – even better than happy hour. No phone. No notifications. No interruptions. Spend this time listening to music, meditating, reading, or whatever it is that soothes the soul and eases the mind.

Spend time in nature. Go to a nearby park or even better, plan an outing in the countryside.  
Find ways to learn and be creative. Draw, paint, write a journal, take up dancing.  
Eat healthy, regular meals and stay hydrated. Take food supplements and avoid junk food and sugar. It is vital to look after your physical health.  
Connect with others. Go on a walk with a friend or cook a meal and invite friends over.  
Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.  
Try to improve your sleep.  
Last, but not least, pray, practice gratitude, and focus on positivity.

### BRMI's Virtual Symposium - May 2024

We are currently recording, formatting, and compiling presentations for our 2024 virtual symposium "*From Core Principles to Cutting-Edge Innovations.*" This event aims to provide individuals who have recently discovered bioregulatory medicine and our institute with unrestricted, permanent, and free access to explore the core principles of our medical paradigm. We will send an email to you announcing the release near the end of May. Please share this with your friends, family, and colleagues.

### BRMI Welcomes a New Advisor!

[Dr. Jessica Peatross](#) is a previously board certified MD who left the conventional medical system to chase root-cause answers for her patients. She is trained in multiple bioregulatory therapies including ozone, Gerson therapy, neural therapy, nutrigenomics, and functional medicine. Today, she helps clients all over the world get to the root cause using her platform Wellness Plus. We feel so grateful that she has joined our BRMI Advisors to help shape the future of medicine.

### Have You Heard of the Upcoming WHO Power Grab?

There has been quite a bit of clamor about the World Health Organization's (WHO's) upcoming meeting set to convene for the 77th World Health Assembly, scheduled for May 27-June 1, 2024 in Geneva, Switzerland. It has been speculated that behind closed doors the WHO will grant itself full control over any future health crises throughout the world. If we look back on what has already happened in North America and globally, power has been already used and abused widely. In numerous aspects, targeting the WHO feels akin to playing a game of whack-a-mole, where they both set and change the rules at will. So, we looked to an expert on this subject, [James Roguski](#), and he explained that it is highly unlikely that we will ever really know what the WHO is up to and that our focus and energy is best spent at our local level. He believes that by shoring up legislation that ensures our rights, while making our communities aware of agendas and threats, lessens their potential control over us. As stated at the start of this intro to our E-Journal we have been battered--and if mentally susceptible, we will be in a position to repeat the COVID plandemic under a new name. Here are some easy steps to empower ourselves.

1. Be aware, be clear, and say NO to anything that threatens your individual sovereignty.
2. Support the passage of House Resolution 79, the [WHO Withdrawal Act](#). Thank the [Senators](#) who have supported this resolution, so they know they have your support.
3. Follow [ExitTheWHO.org](#) and [ExitTheWHO.com](#) on James Roguski's page of resources. There are videos and additional links.

Our silence is a form of consent. When we empower ourselves, we disempower the global agenda.

## We're Grateful for Our Tribe!

We are grateful for all the support of you, our tribe, in promoting bioregulatory medicine. Our goal is to make bioregulatory medicine a household word and discussion. To achieve this, we will be adding a curriculum of informational modules to our website for those who want to learn more about bioregulatory medicine topics. Of course, it will be free to all viewers.

Please look at the bottom of this E-Journal to read about the principles that guide us and how much your support means to us!

We thank you for your interest in Bioregulatory Medicine and are so grateful to have you as part of our tribe!

James Odell, ND, OMD, LAc  
BRMI Executive/Medical Director  
[jmodell@brmi.online](mailto:jmodell@brmi.online)

*As with any healthcare newsletter, the information in the BRMI E-Journal is intended for educational purposes only and is not a substitute for the advice or direct care of a qualified health practitioner who oversees and provides unique and individualized diagnostics and care. The information provided here is to broaden our different perspectives and should not be construed as medical advice, diagnosis, or treatment. It is important not to delay in seeking medical advice because of something you have read in this BRMI E-Journal.*



## Hyperthermia's Extraordinary Effects on Cancer Cells

James Odell, OMD, ND, LAc

Hyperthermia treatment involves raising the temperature of the whole body, or of local areas of the body to 39 to 43 degrees C (102 F to 109 F). Research has shown that high temperatures stimulate cellular immunity and can damage cancer cells, usually with minimal injury to normal tissues.

[Read more>>](#)

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## Are You Taking These Two Synergistic Supplements?

The Bioregulatory Medicine Institute

As summer arrives in the northern hemisphere, many of us look forward to soaking up the sun for that much-needed boost of vitamin D. However, here's a little secret: you can supercharge your vitamin D levels even more by simply adding a magnesium supplement to your daily routine. Read on to find out why.

[Read more>>](#)



## You Might Want This Medicinal Mushroom for the Next Pandemic

James Odell, OMD, ND, LAc I

In Japanese, mai means dance, and take means mushroom, thus “dancing mushroom”. Although maitake mushrooms have been used in Japan and China for thousands of years, it has only gained popularity in the United States over the last twenty years. Ancient traditional Chinese texts record that it can boost qi and fortify the spleen, moisten the lungs and protect the liver.

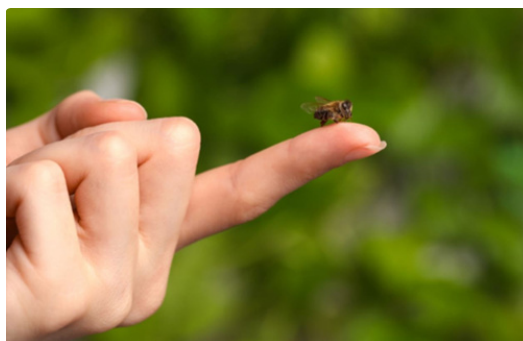
[Read more>>](#)

## Seven Promising Uses of Honeybee Venom Therapy

The Bioregulatory Medicine Institute Did

you know that being stung by a honeybee might have unexpected benefits? While it may seem surprising, modern scientists are uncovering some of the same healing properties of honeybee venom that Hippocrates, the ancient Greek physician hailed as the "Father of Medicine," recognized over 2000 years ago.

[Read more>>](#)



## CLINICIANS' CORNER

### **A Surprising Mechanism That Sustains Illness and Blocks Healing**

Richard Flook

This article explores how unresolved emotional trauma can lead to dis-ease from the perspective of the mitochondria, structured water and melanin. It underscores the essential importance of addressing emotional trauma prior to other interventions, be they holistic, western medicine or both.

[Read more>>](#)



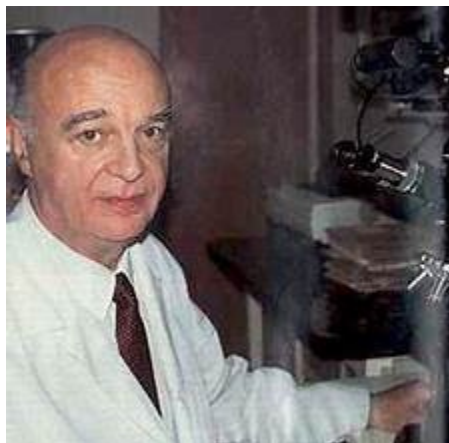
### **A Common Weed Killer May Also Be Harming Your Brain**

Jennifer Margulis, PhD

There's a growing body of scientific evidence that shows that toxins, most notably the popular and widely used chemical called glyphosate (the main ingredient in Roundup and hundreds of other herbicide formulations) may be contributing to brain challenges and cognitive decline—in adults, children, and even dogs.

[Read more>>](#)

## FEATURED PIONEER

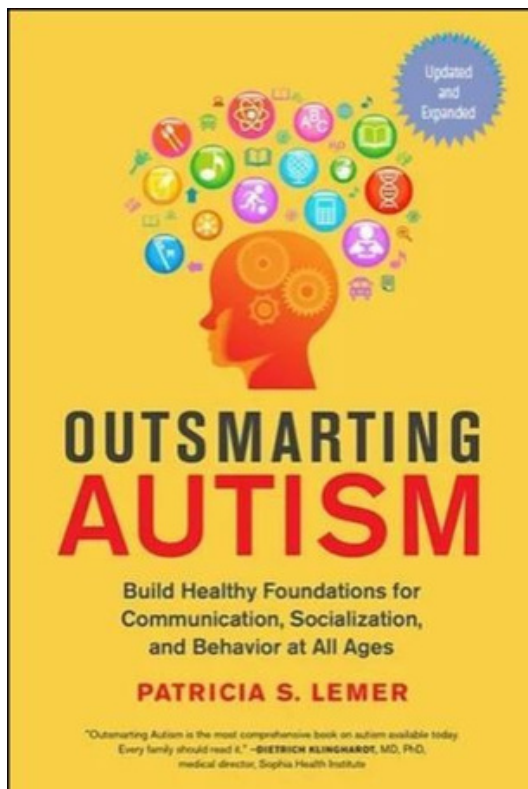


Naessens invented a unique microscope, called the somatoscope. Conventional optical microscopes allow a maximum magnification of 1,800 times. Electron microscopes are capable of magnifications of millions of times, but the objects observed must be dried and fixed so that only their "skeletons" are observable. The somatoscope made it possible to achieve magnifications of 30,000 times of living matter - such as blood -, and to see the micro-organisms found there evolving "live".

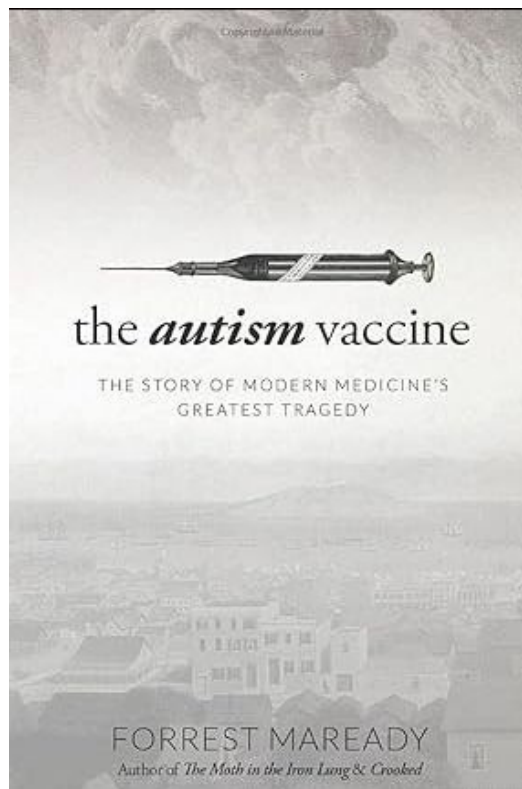
With this microscope Naessens discovered that blood contained microorganisms different from viruses and bacteria, which he called "somatids". According to his observations, somatids transform depending on the state of a person's immune system, which would make it possible, using a simple blood test, to detect degenerative diseases, such as cancer for example, and to establish the stage of progression of the disease. Somatids are believed to be the smallest known living entity and the "fundamental organizational element" of living organisms. He also developed several anticancer remedies, one in particular called 714-X. 714-X belongs to a class of health products that act on natural defenses including immune function. Depending on the circumstances, 714-X acts on the immune system if it is very weak increasing its instability or slowing it down if it's overreactive. Thus 714-X is recognized as an immune modulator.

[Read more>>](#)

## BOOK REVIEWS



**Book Review: Outsmarting Autism**  
Author Patricia S. Lemer, review by The Bioregulatory Medicine Institute



**Book Review: The Autism Vaccine**  
Author Forrest Maready | Review by Catherine Austin Fitts

One of the reasons that it has been

"Outsmarting Autism: Build Healthy Foundations for Communication, Socialization, and Behavior at All Ages" authored by Patricia Lemer presents a thorough handbook offering practical techniques to aid individuals with autism spectrum disorder (ASD).

The revised and expanded edition of the book delves into the changing necessities of individuals with ASD as they progress through various life phases, from childhood through adulthood.

[Read more>>](#)

difficult to turn the tables on the psychopathy of American vaccine policies is because it is hard for many people to fathom the extent of the lies and inhumanity involved.

By telling us human stories with a wise, intelligent voice, Forrest Maready dissolves the trance that has made it so difficult to face what must be done and to bring about real change.

[Read more>>](#)

## VIDEO RECOMMENDATIONS



**Climate: The Movie (The Cold Truth) |**  
Film by Martin Durkin and Tom Nelson

The documentary "Climate: The Movie (The Cold Truth)" asserts that current temperatures and atmospheric CO2 levels are not unusually high when compared to the last half billion years of Earth's history; instead, they are remarkably low considering we are currently in an ice age.

The documentary also explores the climate change consensus, uncovering the origins of climate funding and the trillion-dollar climate industry. It sheds light on the pressures scientists face to adhere to the climate alarm narrative, risking funding loss, journal rejection, and social exclusion.

[Watch here >>](#)



**Resistance Recovery | Are Thoresen**

Are Thoresen, born in Norway in 1952, a doctor of veterinary medicine, has also studied anthroposophic medicine, homeopathy, acupuncture, osteopathy, and agriculture.

Are Thoresen has a unique approach to addiction recovery that emphasizes the importance of addressing the underlying psychological and emotional factors including attached spiritual entities that contribute to addiction, rather than solely focusing on abstinence or behavior modification.

[Watch here>>](#)



## FEATURED PODCAST



In this important episode, Dr. James Odell delves into the metabolic havoc that sugar wreaks on our bodies.

You'll learn how sugar is concealed in many of today's processed foods, and how it directly contributes to modern health issues. Dr. Odell explains the harmful effects of sugar on our physiology, advise on how much sugar consumption is too much, and provide tips for reducing your sugar intake.

This is an episode you won't want to miss, as Dr. Odell shares critical insights into sugar's role in our health and wellbeing.



## BRMI's PRINCIPLES

### BRMI's Principles

BRMI is a non-commercial, non-profit institute with no political or corporate affiliation. The perspective we uphold acknowledges healthcare freedom and free speech. Over the last

three years, censorship in the media, social media, and many online medical platforms has created a veil of darkness over healthcare information. We have consistently condemned the censorship and punishment of individuals who question the established narrative on COVID-19, its treatments, lockdowns, masks, and inoculations. Science is about open inquiry. Despite experiencing social media censorship, BRMI is committed to maintaining an open forum for information with referenced commentaries.

We continue to update our "News Section" which includes an abundant resource of recent articles and videos from around the world on current topics related to medical freedom and preventive and therapeutic modalities of bioregulatory medicine. We understand there is no such thing as unbiased news in mainstream media. Because hidden media bias misleads, manipulates, and divides us, everyone should learn how to spot media bias.

In our news forum, we continue to endeavor to be a trusted and informed source of factual science-based information for our readers. This allows you to identify different perspectives so you can get the full picture and think for yourself. If there is newsworthy information relevant to the science of self-healing, do not remain silent, please share, and contact me. Speak up and speak out!

Please join me for *The Science of Self-Healing Podcasts* I host every two weeks; all episodes are available on our website archives. The updated format is tailored to distill the latest and most valuable information into a brief 20-minute session, presented through a bioregulatory lens.

If you have not signed up to receive our free E-Journal, we invite you to do so. We hope you benefit from our varied resources. Comments and submissions to our E-Journal are always welcome and appreciated.

## YOUR SUPPORT OF BRMI

### Your Support of BRMI

We sincerely thank all our viewers for their continued support, comments, and article submissions, and for liking us on our social media, bi-weekly podcasts, and YouTube channel. BRMI is a 501c3 non-profit private foundation. We provide FREE non-commercial information to the public and are entirely funded through the kind and tax-deductible donations of our readers. We accept no advertisements. If you feel so inclined, please donate so that we can continue our FREE public programs. Donors can tax-deduct contributions they make to BRMI under IRC Section 170. We also ask that, if possible, you introduce BRMI to at least two or more friends and have them sign up for this free E-Journal and our podcasts.

We maintain a YouTube channel, [Facebook](#) page, [LinkedIn](#), and [Instagram](#) and post evidence-based articles and news events daily. To make it easier, we have also added a [Linktree](#). Feel free to interact with us via social media - or contact me directly at [jpmodell@brmi.online](mailto:jpmodell@brmi.online).

FIND US ON SOCIAL MEDIA!



Feel free to email us! And we now have a [Linktree](#)!



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BRMI is a non-profit founded to promote the science and art of biological regulatory medicine, and to increase public knowledge of bioregulatory medicine as a holistic and evidence-based medical system.

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